

MIAMI SPRINGS SENIOR CENTER

Residents of Miami Springs, age 60 or older, are eligible to participate in a variety of services and activities offered at the City's senior center.

➤ **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.--12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.

➤ **NUTRITION EDUCATION:** Counseling and education programs are provided monthly by Stacey Reppas, the program's consulting Registered Dietician, and the Elderly Services Director.

➤ **HEALTH SUPPORT ACTIVITIES:**
All students must be registered in the senior center's congregate meal program to participate in the following:

- **CHAIR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
9:00--10:30 a.m.
Classes are held at the Senior Center;

- **"LET'S DANCE!" CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
10:30 --11:00 a.m.
Classes are held at the Senior Center;

- **FLOOR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Tuesdays and Thursdays
9:00 --11:00 a.m.
Classes are held at the Curtiss Mansion.

- **"CELEBRATION" WORKOUT CLASS**
(Instructor: Natasha Salmon-Cogno)
Fridays.....9:00 --11:00 a.m.
Class are held at the Senior Center;

- **TAI CHI FOR ARTHRITIS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30--1:30 p.m.
Classes are held at the Optimist Club.

➤ **TRANSPORTATION:** Daily pick up, utilizing the city's mini-bus, is provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to a local grocery store and assistance is given with shopping and carrying- packages. Field trips to area stores and other places of interest are planned each month.

➤ **RECREATION:** Recreational and social activities planned for July include: Bingo games (7/6, 7/13, 7/20 and 7/27), a Rummage and Baked Goods Sale (7/21), the monthly birthday and anniversary party (7/16), and a field trip to Wal-Mart (7/23).

FOR FURTHER INFORMATION
on any of the services and activities
offered by the
City's Elderly Services Department,
please **CALL US!**



(305) 805-5160



EDUCATIONAL PROGRAMS SCHEDULED:

"INVESTOR'S RIGHTS" CLINIC – On 7/1 at 12:15 p.m., students from the University of Miami's School of Law will present information on common investment scams and the availability of free legal advice.

"LIVING WITH LOW VISION" – On 7/7 at 12:15 p.m., Raquel Van Der Beist, Occupational & Low Vision Therapist from the Miami Lighthouse for the Blind, will present this topic.

"DISASTER PREPAREDNESS" – Monica Rusconi from the American Red Cross will present information on how to prepare for hurricanes and other disasters on 7/9 at 12:15 p.m.

"HYPERTHERMIA: Too Hot for Your Health" – Maritza Lopez from Catholic Hospice will present information on hyperthermia on 7/14 at 12:15 p.m.

"SUMMERTIME SAFETY TIPS" – On 7/15 at 12:15 p.m., Jacquelyn Gibson from the UF/M-D Extension Service will present information on how to keep foods safe to eat and yourself healthy during the hot days of summer.

"CRIME WATCH" PROGRAM -- Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will conduct the monthly Crime Watch Meeting at the senior center on 7/22 at 12:15 p.m. and provide information on recent local criminal activity.

"COUNCIL REPORT" – On 7/28 12:15 p.m., Councilwoman Roslyn Buckner will provide information on recent Council actions and topics of importance to the citizenry.

FREE HEALTH SCREENINGS:



Free BLOOD PRESSURE SCREENING:
Registered Nurses from the Miami-Dade Health Department will provide free blood pressure screening and individual counseling on 7/8 from 10:00 a.m.—11:30 a.m.



Independence Day Parade:

Saturday, July 4th – 10:00 a.m.

(Along Westward and Curtiss Pkwy to the Country Club)

FIREWORKS DISPLAY: at the Country Club at Dusk

REMINDER!

The Miami Springs Senior Center
will be **CLOSED** on:
FRIDAY, JULY 3RD



CELEBRATING BIRTHDAYS:

Cira F.....	9
Mercedes H.....	12
Raquel P.....	12
Sara G.....	13
Francisco M.....	13
Adela G.....	14
Eric E.....	14
Frances M.....	23
Margaret W.....	26
Jose V.....	26
Lois F.....	29
Marta C.....	29



CELEBRATING THEIR ANNIVERSARY:

Jose & Luisa M.....	July 4 th
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Monday, 7/ 6

Monday, 7/13

Monday, 7/20

Monday, 7/27



Fundraiser for the
Miami Springs/Virginia Gardens
Senior Citizens' Club:
July 21st
11:15 – 12:30 p.m.
(All proceeds go to the Club)

FIELD TRIP



Thursday, July 23rd

1:15 p.m. -- 5:00 p.m.

\$.50/person (16 may go)



The Florida Division of Driver's Licenses will be available at the City's **SENIOR CENTER** on **Wednesday, July 15th**, from 9:30 am—2:30 pm. to renew **FLORIDA DRIVER'S LICENSES & State ID CARDS**. Check with the Community Policing Office or visit www.GatherGoGet.com for information on the required documentation.